



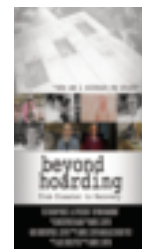
Friendship Heights

VILLAGE NEWS

AUGUST 2019

VOLUME 35, NO. 8 www.friendshipheightsmd.gov

301-656-2797



Understanding Hoarding,
see page 2.

See a “tempting” Broadway musical and the Rockettes too!

If the summer heat has you longing for all things winter, mark your calendars for **Sunday, Dec. 8, and Monday, Dec. 9**, for a two-day trip to New York featuring a rousing Broadway show, the Rockettes Christmas Spectacular, holiday shopping, great Greek cuisine and, of course, the magic that is New York!

We'll depart from the Village Center bright and early at 7:30 a.m. and arrive in the Big Apple in time for a three-course lunch at Molyvos.

Highly acclaimed for its authentic Greek cuisine, Molyvos was recently recognized by Wine Spectator for its extraordinary wine selection.

After lunch, we'll settle into our orchestra seats for an afternoon matinee of the Tony Award—winning “Ain’t Too Proud.” This electrifying musical traces the rise and fall of the legendary supergroup The Temptations. With their signature dance moves and unmistakable harmonies, they rose to the top of the



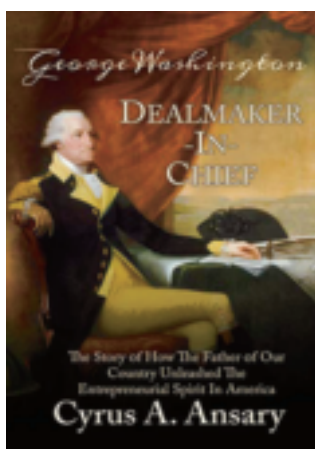
charts creating an amazing 42 Top Ten hits with 14 reaching number one. The rest is history—how they met, the groundbreaking heights they hit, and

Continued on page 5, see New York

How George Washington became our “Dealmaker-in-Chief”

The entrepreneurial spirit has a long history in America. This spirit, according to Bethesda author Cyrus A. Ansary, was put in place by our first President, who overcame fierce opposition to bring his vision to fruition. Join us on **Thursday, Sept. 12, at 7 p.m.**, when Ansary discusses his book “George Washington: Dealmaker-in-Chief—The Story of How the Father of Our Country Unleashed the Entrepreneurial Spirit in America.”

Drawing on a lifetime of studying the first president, Ansary offers a riveting account



of Washington’s hugely successful dealmaking. The book presents the fascinating story of how Washington put in place an economic system that nurtures and rewards innovation and inventiveness.

Ansary, an international lawyer, financier

and educator, was a member of the Life Guard Society of George Washington’s Mount Vernon.

Copies of the book will be available for purchase.

Please call the Village Center at 301-656-2797 if you plan to attend.



Rehoboth Beach is beckoning

Are you ready to feel the warm sand between your toes, to breathe in the sea air, sample some fresh seafood or just stroll along the boardwalk? Take a break and enjoy a day by the sea when we visit Rehoboth Beach on **Wednesday, Aug. 28**.

You decide whether to linger by the shore or take advantage of tax-free shopping at the area outlets, or both. We'll take you to the beach, then you're free to choose your itinerary.

Continued on page 5, see Beach

Kyi May Kaung signs her new novel, see page 4.



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New video sheds light on hoarding disorder

A new documentary looks beyond the myths and misunderstanding about a psychiatric disorder that affects an estimated two to five percent of the U.S. population. "Beyond Hoarding: From Disaster to Recovery" presents a fresh look at hoarding through the stories of people caught in the destructive grip of this compulsion. Their experiences run the gamut from tragic death to courageous recovery. Top mental health experts share the latest insights into this psychiatric disorder.

The Village Center will present this documentary on **Monday, Aug. 5, from 1 to 2 p.m.** There is no charge for this event. Call the Village Center at 301-656-2797 to RSVP.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the September issue is August 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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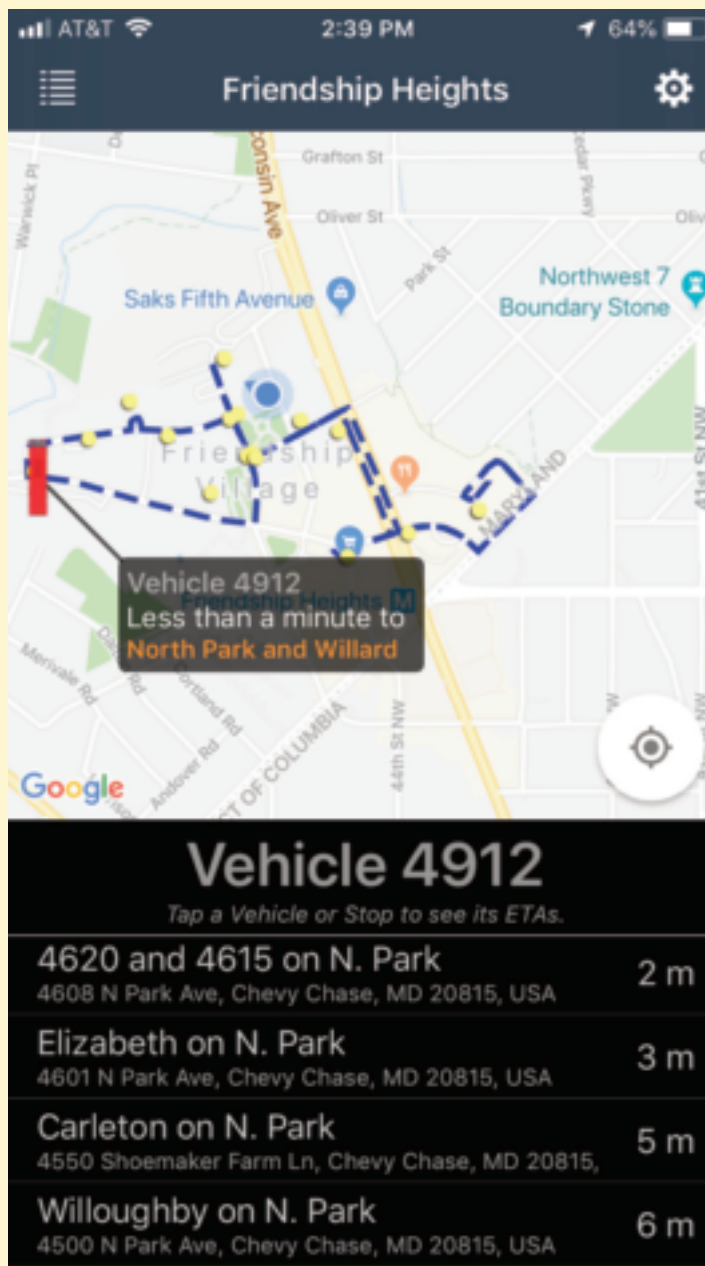
Village Council Update

New app available for shuttle bus

RMA, our shuttle bus contractor, has launched an app for the Village bus service that is now available for download. To get the free app, go to the app store on your mobile device, search for "Friendship Heights shuttle" and download.

When you open the app you will see a map of the bus route with the current location of the bus marked in red, along with pop-up messages indicating how far the bus is from the next stop on the route. Below the map is a list of all the stops with the estimated time to get to each stop (see image below).

We are working with the contractor to provide even more functionality to the app, including instant updates if there are schedule delays.



Page Park update

Following Council discussion at the July 8 Council meeting, the posts and tape were removed from Page Park and new signs have been installed to keep dogs off the grass and the planting areas. So far dog owners have complied nicely. We appreciate everyone's cooperation as the park lawn and landscaping continues to improve.



Village-owned house at 4602 North Park available for lease

Our long-term tenant at 4602 North Park vacated the space at the end of July. The Council has had tenants in the building since acquiring it in 1985. Since 1997, the Village has also had a cooperative arrangement with the Montgomery County Police to maintain a Field Office on the lower level. The Field Office will remain in that space.

Following a meeting of the Finance Committee held on July 2, the Council voted to engage a broker to rent the space. The details of engaging a broker and negotiating a lease will be delegated to staff, with Kathy Cooper, the Village treasurer, acting as Council liaison. Once a tenant is found, the Council will need to vote on the final lease terms.

Other actions taken at the July 8 Council meeting:

- Approved proposal for increase in maintenance contract to provide 3% raise for maintenance staff.
- Appointed Shirley Carr, William Corey, David Doctor, Ken Niles, Ethel Pacheco, and Sandra Schwarzbart to serve on the Community Advisory Committee.
- Approved renewal of Village's membership in the Maryland Municipal League for 2019–20.
- Established loading zone on North Park Avenue near The Elizabeth garage.
- Voted to enter closed session pursuant to Maryland Code, General Provisions, Section 3-305(b)(1) to discuss personnel issues.

There will be no Council meeting in August. The next Council meeting, open to the public, will be Monday, September 9, at 7:30 p.m. at the Village Center.

Village author weaves a stunning tale of love and betrayal amid chaos in Burma

Village resident, poet, playwright, artist and author Kyi May Kaung will read from her new novel, "Wolf," on **Wednesday, Aug. 21, from 3 to 4 p.m.** at the Village Center.

"Wolf: A Novel of Love and Betrayal" is about a freedom fighter's search for autonomy in the aftermath of the clampdown on Burma's mass pro-democracy demonstrations.

Kaung holds a Ph.D. from the University of Pennsylvania, specializing in the study of authoritarian systems such as Burma, Russia and China. In Rangoon, she taught economics. From 1997 to 2001 she worked in radio, broadcasting to Burma from Washington, D.C. From 2001 to 2011 she worked with Burmese nonprofits training non-governmental organization workers in Chiangmai, Thailand, and with the Maryland-based Burmese Government in Exile as a senior analyst.

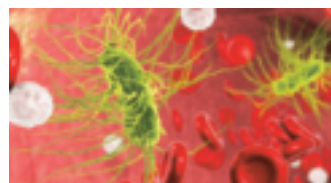
"Wolf" is based on many survivor stories, including Kaung's own, and the stories colleagues told her so casually on trips and over lunch at the office.

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend. Copies of "Wolf" will be available for purchase.



MARK YOUR CALENDARS

Wednesday, Sept. 25 at 3 p.m.: Village resident Cheryl Douglass discusses how sepsis changed her life and her efforts to increase public awareness of this affliction.



Seeing sepsis from a doctor's point of view

Suburban Hospital Intensive Care Unit physician Dr. Mauro Sarmiento will discuss sepsis and its problems during a talk **Thursday, Sept. 5, at 7 p.m.**, at the Village Center.

Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. Each year in the United States, more than 1.5 million people develop sepsis, and at least 250,000 Americans die as a result.

Detecting sepsis early and starting immediate treatment is often the difference between life and death. While all are at risk, those with weaker immune systems—the very young, the elderly, those on immune-compromising medications—are prone to infections and risk of sepsis. It is estimated that each one-hour delay in treatment of sepsis increases mortality by seven percent.

Dr. Sarmiento is an internist and pulmonologist in the Suburban Hospital ICU in which sepsis patients are usually treated. He will speak on what sepsis is, when to suspect it, and the diagnosis, treatment, and consequences of sepsis.

The talk is offered by the Village of Friendship Heights in collaboration with the Friendship Heights Neighborhood Network's Forum program.

The Village Book Club will meet on **Tuesday, Aug. 20, at 11 a.m.** The book selection is "One Summer 1927" by Bill Bryson. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.



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ON THE GO

New York, continued from page 1

how personal and political conflicts threatened to tear the group apart as the United States fell into civil unrest. This thrilling story of brotherhood, family, loyalty, and betrayal is set to the beat of the group's treasured hits, including "My Girl," "Just My Imagination," "Get Ready," and so many more.

Following the show, we'll check into the Park Lane Hotel, our home for the evening. Dinner is on your own. No worries —there are a number of dining options in and close to the hotel. Located along Central Park, this hotel is just steps from excellent shopping along Fifth Avenue and the Columbus Circle Holiday Market.

The Columbus Circle Holiday Market is internationally known as one of the most elegant and beautiful places for holiday shopping. Located at the entrance to Central Park, at 59th Street and Central Park West, visitors lose themselves in glittering aisles of art, jewelry, home goods and delicious eats from local artisans and designers. Now in its 15th year, the market is the perfect place to do all your holiday shopping while soaking up the splendor of winter in New York City.

The next morning, enjoy breakfast at our hotel. Then you'll have time to spend the morning at your leisure. New York City offers a wide variety of diversions and we're staying close to the museums, markets and decorated store fronts.

Just before noon, we'll check out of the Park Lane and drive to Rockefeller Center, where you're on your own

to view the famous tree, see the window displays along Fifth Avenue, or explore the shopping options at Rockefeller Center.

That afternoon, we'll gather at Radio City Music Hall to see the world-famous Rockettes in their signature Christmas Spectacular. We have orchestra seats for this perennial favorite and it promises to be fun for all ages!

Then we'll make our way back to Friendship Heights, returning by 9 p.m.

The cost of the trip, which includes round-trip transportation, deluxe accommodations, orchestra seats to Ain't Too Proud and The Rockettes Christmas Spectacular, one breakfast, one lunch, and all taxes and gratuities, is \$799 per person based on double occupancy. The single supplement is \$165. Sign up by Sept. 6 and pay a discounted price of \$765 per person, double occupancy.

Sign-ups for residents and one guest begin immediately. Nonresidents may sign up beginning Aug. 15. A deposit of \$500 is due at sign-up and is refundable until Sept. 12. The balance is due Oct. 8.

We recommend you consider purchasing trip insurance.

There are 24 spaces available.



Beach, continued from page 1

We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for lunch—there are numerous restaurants

and cafés along the Boardwalk and Rehoboth Avenue. We'll return to the Village Center around 8 p.m. The cost of the trip is \$68. Sign-ups for residents and one guest begin immediately. Nonresidents may sign up beginning Aug. 7.



The cost for children, ages 6 to 12, is \$34, provided each is accompanied by a paying adult.

There are 38 spaces available.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, Aug. 1, 7 p.m.—“The Public”

On a frigid winter night, the homeless shelters in Cincinnati are full. Emilio Estevez wrote and

directed this movie about a standoff between the police and homeless patrons in the public library seeking refuge from the cold. Stars Emilio Estevez, Taylor Schilling, Alec Baldwin, and Gabrielle Union. Rated PG-13. Running Time: 122 minutes.



Thursday, Aug. 8, 7 p.m.—“Hotel Mumbai”

Hotel staff at the Taj Mahal Palace in Mumbai risk their lives to keep guests safe when terrorists wreak havoc in a series of attacks. This biographical thriller is based on the 2008 terrorist attacks in India. Stars Dev Patel, Nazanin Boniadi, Armie Hammer, and Jason Isaacs. Rated R. Running Time: 123 minutes.



Thursday, Aug. 15, 7 p.m.—“The Lego Movie”

An average, ordinary Lego mini-figure is misidentified as a superhero type who can save the world. He is woefully unprepared for the epic quest that ensues to stop an evil tyrant. Features the voices of Chris Pratt, Will Ferrell, Elizabeth Banks and Morgan Freeman. Rated PG. Running time: 101 minutes.



Thursday, Aug. 22, 7 p.m.—Movie—“Gloria Bell”

A free-spirited woman in her 50s seeks love at LA dance clubs. Complications begin when she starts falling for Arnold in an unanticipated new romance. Stars Julianne Moore and John Turturro. Rated R. Running Time: 102 minutes.



Thursday, Aug. 29, 7 p.m.—Movie—“Isn’t It Romantic”

In this satire of romantic comedies, a young female architect disenchanted with love mysteriously finds herself trapped in a rom com. Stars Rebel Wilson, Liam Hemsworth, Adam Wilson, and Priyanka Chopra. Rated PG 13. Running Time: 89 minutes.



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ART and CULTURE

Escape the summer doldrums by visiting the Friendship Gallery

The annual August show in Friendship Gallery will feature works from new artists as well as seasoned veterans.

"The show," said Llewellyn Berry, the exhibit's curator, "is produced in order to take us out of the doldrums of a hot and humid summer and prepare the way for autumn and the richness of colors and textures that await.... It's a time when new artists are introduced to the Friendship Gallery community and an opportunity to see a wide variety of artwork. Painters, watercolorists, photographers and sculptors all ranging in ages from the youngest of 12 to seasoned veteran senior artists, all showing their remarkable aesthetic talents."

These 24 artists and many others will be showing throughout the upcoming season at Friendship Gallery. Among the artists are Patsy Fleming and Kathy Burke Daywalt, who will share a glimpse of their upcoming "Two Women" show in December. Sarah Bodner and Alex Harris will show their budding photographic talents, while Sarah's sister, Katie, advances to senior status.

The artistic talent joining the Friendship Gallery grows each year with exhibiting opportunities for individuals and groups producing memorable shows.

Join us and meet the artists during a reception on **Sunday, Aug. 11, from 11:30 a.m. to 1 p.m.**

The August show runs through September 1. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

News from the Reading Room:

Please visit the Center Reading Room to find shelves designated for our growing collection of children's and young adult books.

Magazines in the lobby lounge are free for the taking. Please find them in a basket across from the front desk.



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Friendship Heights
Village Center



Calendar
of Events 2019

AUGUST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

It’s fun to get into this “jam!”

Join our monthly Mountain Music Jam on **Monday, Aug. 26, from 6:30 to 8:30 p.m., at the Village Center.**

If you know basic chords in different keys, you might want to just jump right into this bluegrass jam! Guitars, banjos, mandolins, violins, dobros and harmonicas—they’re all welcome. Or just come to listen and enjoy as the musicians gather to make great sounds together.

Whether you’re picking with the musicians or just listening, it promises to be a fun evening. For details, call the Village Center at 301-656-2797. The event is free.

4 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	5 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Beyond Hoarding Video Presentation	6 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Speech Therapy 3–4 p.m.: Tea 7 p.m.: Mat Pilates	7 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Sharpening your social skills 5:30 p.m.: Community Advisory Committee Meeting 7 p.m.: Concert: IONA	8 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Hotel Mumbai	9 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	10 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market 10:30 a.m.: Basic Photography
11 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 11:30 a.m.–1 p.m.: Art Reception	12 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club	13 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Mat Pilates	14 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Susan Jones Jazz Quartet	15 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: The Lego Movie	16 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	17 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market
18 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	19 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m.–2 p.m.: MVA Mobile Office	20 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha Goodman-Wood 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea	21 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 3 p.m.: Kyi May Kaung Book Signing 7 p.m.: Concert: Karen Lovejoy Trio	22 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Gloria Bell	23 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	24 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market
25 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	26 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 6:30–8:30 p.m.: Monday Mountain Music Jam	27 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha Goodman-Wood 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea	28 8 a.m.: Depart for Rehoboth Beach 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Timothy Roberts Saxophone Quartet	29 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Isn’t It Romantic	30 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events	31 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market

Shuttle bus hours



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Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

Marsha’s music gets toddlers’ toes tapping on Tuesday mornings

Join Marsha Goodman-Wood and her guitar for singing, dancing and fun for children of all ages on **Tuesday, Aug. 20, and Tuesday, Aug. 27, at 10 a.m., at the Village Center.**

Goodman-Wood, a singer and songwriter, performs her own original songs for kids and well-known favorites guaranteed to get you singing and dancing.

Toddlers and their friends and siblings are welcome, but must be accompanied by a parent or caregiver. All ages are invited! Call the Village Center at 301-656-2797 for details.





CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

In the event a class is canceled, a make-up class will be held during the week following the last class of the session.

ART

ABSTRACT PAINTING

A 6-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., June 21–Aug. 9. The participants will construct a three-dimensional shape that will become their inspiration for abstract paintings. Limit 10 students. For those who have previously taken this class; others may call Samworth at 301-346-7238. \$120 for residents; \$135 for nonresidents.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., July 31–Sept. 4. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

COLOR THEORY (PART 1)

A 5-week class, taught by Kate Samworth, Thursdays, 6:30 to 8:30 p.m., Sept. 5–Oct. 3. This is an introduction to the essentials of color theory and harmonic color mixing. Various approaches to color perception are introduced. Class work consists of experiments based on demonstrations given in each class. Students work toward the mastery of color mixtures and harmonies to be executed in a series of original designs. Students will be asked to create work in gouache outside of class for discussion. Material list is available

at the Village Center. The minimum number of students is 5. \$130 for residents; \$140 for nonresidents.

STILL LIFE AND BEYOND

A 6-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., June 20–Aug. 8. \$120 for residents; \$135 for nonresidents. Participants will work on one still life set up for 6 weeks, experimenting with various palettes and approaches. Limit 14 students. Participants will provide their own subject matter. Bring a sketchbook for mixed media (paper over 90 lbs.). The sketchbook will be an integral part of the class.

WRITING AND MORE

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 4 to 5:30 p.m. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Sept. 10–Oct. 15. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Sept. 6–Oct. 18. Class will not meet on Sept. 20. \$70 for residents; \$80 for nonresidents. Exercises are designed to target balance issues and physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. The class will resume in September. See the next issue of the Village News for details.

CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., Sept. 11–Oct. 16. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents. The class will resume in September. See the Village News for details.

DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30 to 10:30 a.m., July 15–Aug. 19. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., July 17–Aug. 21. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for details.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Sept. 3–Oct. 8. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

CHAIR YOGA & MEDITATION

A 6-week session, Thursdays, 10:30 to 11:45 a.m., Aug. 15–Sept. 19. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Yoga Teachers Association (IYTA) and

former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Sept. 9–Oct. 21. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents. Class will not meet on Oct. 14.

YOGA

An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s “Cherryblossom Yoga.” Sundays, 9:10 to 10:30 a.m., Sept. 17–Nov. 3. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for two hours before class. \$115 for residents; \$128 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in lively discussions about books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries with unbiased information about health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of every month, 3 to 4 p.m.

Continued on page 14, see Classes



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CONCERTS



Summer concerts are held every Wednesday from 7 to 8 p.m. in Humphrey Park in front of the Village Center. In the event of inclement weather, the performance will be moved indoors.

Wednesday, Aug. 7—IONA — Since the 1980s, the leading Celtic group of the mid-Atlantic has been showcasing its unique blend of traditional music and dance from all the Celtic countries—including Scotland, Ireland, Wales, Cornwall, Brittany, the Isle of Man, Asturias and Galicia (Spain), and their transplants. IONA was co-founded by lead singer and Irish drummer Barbara Ryan and wind section musician Bernard Argent. They return to Friendship Heights with a varied repertoire, featuring haunting songs, toe-tapping dances, high energy entertainment and humor.

Wednesday, Aug. 14—Susan Jones Jazz Quartet— Based in the Washington, D.C. area, this jazz quartet is noted for its swinging, energetic and highly entertaining music. Jones has over 30 years of experience and is one of the area's most versatile violinists. According to *The Washington Post*, "Jones is one of the best violinists in Washington, and... is developing an international reputation." She is joined by Gerry Kunkel on guitar, Bob Abbott on bass, and Tom Jones on drums. She has performed with artists at the Kennedy Center, the Verizon Center, and the Newport Jazz Festival, among others.

Wednesday, Aug. 21—Karen Lovejoy Trio— Smooth Latin rhythms, energetic jazz, and funky blues are a staple of this talented ensemble, headlined by vocalist and bandleader Karen Lovejoy. Her engaging stage presence, accompanied by saxophone, woodwinds, drums, piano and bass, have garnered accolades for the group, some of whose members have performed at the Smithsonian, the Kennedy Center, and other venues such as Blues Alley. In honor of the great João Gilberto, father of Bossa Nova, the Lovejoy Trio will be highlighting some Brazilian classics such as "Girl from Ipanema." The trio will also explore other Latin rhythms that have earned top billing. Staying true to form, they won't forget the blues. Be prepared to sing along or dance!



Wednesday, Aug. 28—Timothy Roberts Saxophone Quartet— Take a musical journey through the history of the saxophone as Shenandoah Conservatory Professor of Saxophone, Timothy Roberts, and three alumni from the conservatory perform an evening of saxophone quartet repertoire, featuring an eclectic mix of music from the Baroque, Broadway and Belle Epoque. Selections will include the music of J.S. Bach, John Philip Sousa, and David Maslanka, and, will finish with a collection of American folk songs. Roberts has performed with Ray Charles, Bernadette Peters, Eartha Kitt and Patti LaBelle, among others. According to a *Dallas Morning News* review, "... Roberts poured forth the most gorgeous sounds ever heard from a saxophone..."

The stories and the songs

Concert highlights the talents of local songwriters

Blues-infused singer-songwriter Bill Baker, Texas troubador Keven Dudley, and bluegrass maestro Randy Barrett join forces for a performance at the Village Center on **Wednesday, Sept. 4, from 7 to 8 p.m.**

These award-winning singer songwriters put their heads together with tales of wounded warriors, wayward beauty queens, as well as the obligatory songs of love won and lost.

Whether joining together in song or playing solo, all the performers will be accompanied by guitar wizard and music master Gantt Kushner.

Coming to the Village Center in September

Our Wednesday Evening Concert Series moves indoors to Huntley Hall in the Village Center beginning in September.

Concerts begin at 7 p.m.

Here is a list of upcoming performances:

Sept. 4—Songwriters Night with Bill Baker and friends

Sept. 11—Thomas Pandolfi

Sept. 18—Tango Reo

Sept. 25—Machaya Klezmer Band

TO YOUR HEALTH

Breaking the ice

As people age, they no longer benefit from the built-in social circles that they may have had when they were school-age children or while working.

Learn to brush up on your social skills during this month's Suburban Lecture on **Wednesday, Aug. 14, from 1 to 2 p.m.**, at the Village Center. During this seminar, you will have a chance to meet people who are interested in creating lasting friendships and improving overall engagement with the people they encounter on a daily basis. This talk is offered in partnership with JSSA.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.



Protect yourself against the flu

Inova Well will administer flu shots at the Village Center on **Wednesday, Oct. 2, from 1 to 4 p.m.**, to anyone 9 years or older. The trivalent (or High Dose) vaccine protects against two A strains and one B strain of influenza and is recommended for those 65 years of age or older. The quadrivalent vaccine protects against two A strains and two B strains of influenza.

The trivalent vaccines contain **A/Brisbane/02/2018 (H1N1)pdm09-like virus, A/Kansas/14/2017 (H3N2)-like virus, and B/Colorado/06/2017-like (Victoria lineage) virus.**

The quadrivalent vaccines contain **the three viruses above, plus B/Phuket/3073/2013-like (Yamagata lineage) virus.**

There is no charge for individuals with Medicare Part B as their primary insurance (not PPO, HMO or Medicare Advantage), but you must bring your card. The self-pay cost is \$33 (payable by cash or check). Inova does not accept Medicaid or commercial insurance plans.

Registration is required. Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up beginning Aug. 15. You must have an appointment to receive a shot.

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TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

TONYA'S TOTS AND SENIORS

Exercise instructor Tonya Walton will offer an intergenerational program that brings toddlers together with senior citizens for a morning of fitness and fun on the third Tuesday of the month from 10:30 to 11:30 a.m. All children must be accompanied by a parent or caregiver. See page 16 for details.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 4 for details.

VILLAGE BRIDGE CLUB

The bridge club meets Mondays, 12:30 to 3:30 p.m. Village residents are encouraged to drop in. Cards will be supplied.

VILLAGE PLAY TIME

Toys are set out at the Village Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second and fourth Tuesday of the month.

VISION RESOURCE LUNCH AND LEARN

The Vision Resource Lunch and Learn has taken a break for the summer. Watch the September newsletter for meeting dates and times.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Eniko Basa at 301-657-4759 or Helen Davis at 301-718-6340 for details.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

Get some straight answers about medical marijuana

It's one of the hottest topics in the country. With medical marijuana dispensaries popping up in small towns and large cities, there are bound to be questions about one of the newest medical treatments.

Dr. Matthew Mintz, a board-certified physician in internal medicine who has been in practice

for more than 20 years, will discuss the medical uses of marijuana on **Monday, Sept. 16, from 3 to 4 p.m.**, at the Village Center.

Medical marijuana is a natural product that has been used in alleviating pain and suffering for many medical conditions, including fibromyalgia, chronic pain, anxiety and severe insomnia.

Medical marijuana does not need to be smoked, and most patients can administer it through a variety of methods including liquid, tinctures, transdermal patches, sprays or pills.

In Maryland, certain conditions are automatically qualified: cachexia, anorexia / wasting, severe / chronic pain, severe nausea, seizures, severe / persistent muscle spasms, glaucoma and PTSD.

Medical marijuana is not prescribed. Patients need to both register with the Maryland Medical Cannabis Commission and obtain a medical evaluation and certification from a provider registered with MMCC. Certified patients can then obtain medical marijuana from a licensed Maryland dispensary.

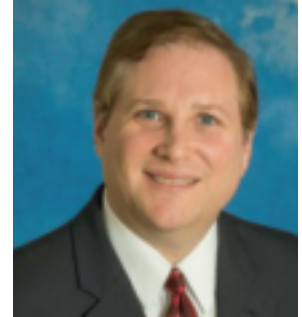
Dr. Mintz is one of the few physicians in Maryland that is registered to certify patients for medical marijuana. His office is located in the Wildwood Medical Center in Bethesda.

This program is offered by Synergy Home Care.

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.



Celebrating July 4th in Friendship Heights!



Village residents gathered to celebrate Independence Day with hot dogs, music and family-friendly activities. Our mayor, Melanie Rose White, presented community service awards to volunteers Judy Abrahams, Margaret Levine, and Kritika Sharma (pictured above from left.) Gita Pancholy was also recognized, although she was unable to attend. Norman Knopf (middle of second row) was presented with the Elizabeth Scull Outstanding Community Service Award.

Photos by Jeanne Pettenati



New program teams toddlers with seniors for fitness fun

Fitness instructor Tonya Walton begins a new exercise program at the Village Center this fall designed to bring toddlers

together with seniors. Part of our Tuesday morning "Village Playtime," the program will take place on the third Tuesday of every month from 10:30 to 11:30 a.m. This intergenerational class will benefit participants by impacting overall health and socialization.

The class requirements: smile, breathe, and laugh!

There is no charge for the program, but senior participants are encouraged to call the Village Center at 301-656-2797 to let us know you are coming.



Celebrate grandparents with stories in September

September is Grandparents Month. On **Saturday, Sept. 28, from 12 to 1:30 p.m.**, join us for a wonderful opportunity to share your early life with your grandchildren or other special kids in your life. Barbara Rosenblatt, who has taught a very popular class on memoir writing at the Village Center, will make a short presentation on writing stories. Then we'll have time for interviews with suggested questions, time to share with others, and refreshments.

Children want to know what life was like for you before they were born. Questions can range from "What did kids wear to school when you were little?" to "How did you do research before the Internet?"

Please join us for what promises to be a fun and enlightening experience. You don't have to be a grandparent to participate— just come willing to share your story. This event is free, but please call 301-656-2797 if you plan to attend.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
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Chevy Chase, Maryland 20815

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August 2019 events calendar